

Soleus Stretch



Gastroc Stretch



Standing with both knees bent, toes forward, and involved foot back, gently lean into wall until stretch is felt in lower calf. Hold for 30 seconds. Repeat 3 times, 3 times per day.



Keeping back leg straight, toes forward, and heel on the floor, lean into wall until a stretch is felt in calf. Hold for 30 seconds. Repeat 3 times per day.

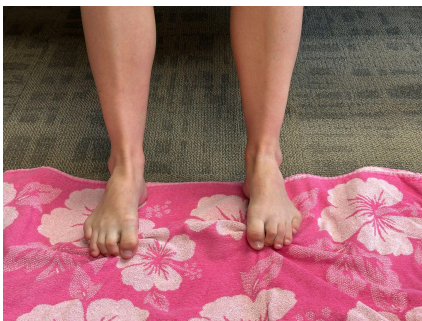
STRETCHES

Intrinsic Muscle Stretch



Sitting with legs crossed and ankle up, pull toes up until a stretch is felt. Hold for 30 seconds. Repeat 3 times, 3 times per day.

STRENGTHENING



With foot resting on towel, slowly bunch towel up as your toes curl. Repeat 3-5 times, 2 times per day.



While sitting in a chair, roll frozen water bottle under your foot to massage the painful area. Perform for 1 minute, 3 times per day.